

HORARIO ACTIVIDADES FORUS TRINIDAD

De lunes a viernes: de 7:00h a 23:00h

Sábados: de 9:00h a 22:00h.

Domingos y festivos: de 09:00h a 20:00h

CUERPO Y MENTE

ACUÁTICAS

TONIFICACIÓN

CARDIOVASCULARES

COREOGRAFIADAS

JUNIOR Y FAMILIARES

SENIOR

RAQUETA



| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | HORA |
|-------|--------------------|--------------------|-------------------|---------------------|-----------------|---------------------|-----------------|-------|
| 07:00 | SC CICLO | | S1 GAP | S1 B. PUMP | | | | 07:00 |
| 08:00 | | S1 B. COMBAT | | | | | | 08:00 |
| 08:15 | | | | PI AQUADYNAMIC | S1 FITNESS | | | 08:15 |
| 08:30 | PI AQUAFITNESS | | S4 YOGA | | | | | 08:30 |
| 08:45 | S4 HIPOPRESIVOS | | | S1 GAP | | | | 08:45 |
| 09:00 | | AL RUNNERS INI | PI AQUADYNAMIC | S4 B. BALANCE | PI AQUADYNAMIC | | | 09:00 |
| 09:15 | S1 B. PUMP | S4 SH'BAM | S1 B. COMBAT | SI I. WALKING | S4 B. BALANCE ★ | | | 09:15 |
| 09:30 | | PI AQUADYNAMIC | | | | | | 09:30 |
| 09:30 | SI I. WALKING | SC CICLO | | | | S1 PUMP BASIC | SC CICLO BASIC | 09:30 |
| 09:45 | SC FORUS BIKERS | S1 EN FORMA ★ | SC CICLO | S1 B. ATTACK | S1 B. PUMP | | | 09:45 |
| 09:45 | S4 PILATES | | | | | | | 09:45 |
| 10:00 | | | FU FUNCIONAL | | | | S1 COMBAT BASIC | 10:00 |
| 10:00 | | | | | SC CICLO | S4 ZUMBA | S4 PILATES | 10:00 |
| 10:15 | S1 B. COMBAT | S4 PILATES | S1 ZUMBA | ★ PI FORUS SWIMMERS | S4 PILATES | SC CICLO | SI I. WALKING | 10:15 |
| 10:30 | | | | FU FUNCIONAL | | | | 10:30 |
| 10:30 | | | S4 B. BALANCE | S4 PILATES | | S1 B. COMBAT | S1 B. PUMP | 10:30 |
| 10:45 | FU FUNCIONAL | | | | | | | 10:45 |
| 10:45 | PI AQUADYNAMIC ★ | | | | | | | 10:45 |
| 10:45 | | S1 B. ATTACK | SI I. WALKING | S1 SH'BAM | | | | 10:45 |
| 11:00 | | FU FUNCIONAL | | | FU FUNCIONAL | | | 11:00 |
| 11:00 | | | | | S1 SH'BAM | SI I. WALKING BASIC | | 11:00 |
| 11:15 | S1 ZUMBA | S4 YOGA | PI AQUAFITNESS | | S4 B. COMBAT | S4 B. BALANCE | SC CICLO | 11:15 |
| 11:15 | | | | | | | S4 SH'BAM | 11:15 |
| 11:30 | S4 EN FORMA | SI I. WALKING | | SC CICLO | | SC CICLO | S1 B. ATTACK | 11:30 |
| 11:30 | | | | | | S1 B. PUMP | | 11:30 |
| 11:45 | | S1 ABDOMINALES | | | | | | 11:45 |
| 11:45 | SC CICLO | | S4 HIPOPRESIVOS | | | | | 11:45 |
| 12:15 | | S1 ZUMBA | | | SI I. WALKING | | | 12:15 |
| 12:30 | | | | | S4 YOGA | PI FAMILIAR | | 12:30 |
| 12:45 | | | | | | S1 B. ATTACK | | 12:45 |
| 14:00 | | | | S4 ABDOMINALES | | | | 14:00 |
| 14:15 | PI FORUS SWIMMERS | | SI I. WALKING | S1 SH'BAM | SC CICLO | | | 14:15 |
| 14:30 | | | | SC CICLO 30' | | | | 14:30 |
| 14:30 | SI I. WALKING | S1 B. PUMP | | | | | | 14:30 |
| 15:15 | | | PI AQUADYNAMIC | | S1 PUMP 30' | | | 15:15 |
| 16:45 | | SI I. WALKING | | | | | | 16:45 |
| 17:00 | S1 COMBAT+12 | S1 PILATES+12 | S1 GAP | S1 HIPOPRESIVOS | | | | 17:00 |
| 17:00 | S5 PSICOMOTRICIDAD | S5 PREDEPORTE 4-7 | S5 PREDEPORTE 4-7 | S5 BAILE 4-7 | S4 ZUMBA | | | 17:00 |
| 17:15 | | S4 PILATES | SC FORUS BIKERS | | SC CICLO+12 | | | 17:15 |
| 17:30 | | | | S4 ZUMBA +12 | S1 B. COMBAT | | | 17:30 |
| 17:45 | | SC CICLO | S4 PILATES | | | | | 17:45 |
| 18:00 | S1 ABDOMINALES | | | | | | | 18:00 |
| 18:00 | S5 MULTIDEPORTE 8- | S5 KIDS RUNNERS 8- | S5 BAILE 8-11 | S5 MULTIDEPORTE 8- | S4 B. BALANCE | | | 18:00 |
| 18:00 | | S1 SH'BAM | S1 B. ATTACK | S1 B. PUMP | | | | 18:00 |
| 18:15 | S4 PILATES BASIC | | | | | | | 18:15 |
| 18:15 | SC CICLO | S4 B. BALANCE | SC CICLO | | | | | 18:15 |
| 18:30 | S1 B. COMBAT | SI I. WALKING | | SC CICLO | S1 SH'BAM | | | 18:30 |
| 18:45 | | | S4 ABDOMINALES | | | | | 18:45 |
| 18:45 | PI AQUADYNAMIC | | | | SC CICLO | | | 18:45 |
| 18:45 | | | | SI I. WALKING | | | | 18:45 |
| 19:00 | | S1 ABDOMINALES | | S1 COMBAT 30' | S4 ABDOMINALES | | | 19:00 |
| 19:00 | S4 YOGA | PI FORUS SWIMMERS | S1 SH'BAM | PI AQUAFITNESS | | | | 19:00 |
| 19:00 | | | PI AQUADYNAMIC | | | | | 19:00 |
| 19:00 | | | AL FORUS RUNNERS | | | | | 19:00 |
| 19:15 | | SC CICLO | S4 B. BALANCE | S4 ZUMBA | ★ | | | 19:15 |
| 19:15 | | | | | SI I. WALKING | | | 19:15 |
| 19:30 | | | FU FUNCIONAL | S1 ABDOMINALES | | | | 19:30 |
| 19:30 | S1 B. PUMP | ★ PI AQUAFITNESS | ★ SI I. WALKING | | | | | 19:30 |
| 19:30 | | S1 B. ATTACK | | | | | | 19:30 |
| 19:45 | FU FUNCIONAL | | | | | | | 19:45 |
| 19:45 | SI I. WALKING | S4 ZUMBA | | | S1 B. PUMP | | | 19:45 |
| 20:00 | | | S1 ABDOMINALES | FU FUNCIONAL | | | | 20:00 |
| 20:00 | S4 PILATES | | SC CICLO | ★ S1 B. ATTACK | | | | 20:00 |
| 20:00 | | | PI AQUAFITNESS | | | | | 20:00 |
| 20:15 | | FU FUNCIONAL | | | | | | 20:15 |
| 20:15 | AL FORUS RUNNERS | | S4 ZUMBA | SI I. WALKING 30' | S4 HIPOPRESIVOS | | | 20:15 |
| 20:30 | | S1 ABDOMINALES | | | | | | 20:30 |
| 20:30 | PI AQUADYNAMIC | SC CICLO | S1 B. COMBAT | SC CICLO | | | | 20:30 |
| 20:30 | | | | S4 YOGA | | | | 20:30 |
| 20:30 | | | | AL RUNNERS AV | | | | 20:30 |
| 20:45 | S1 ZUMBA | S4 HIPOPRESIVOS | | | | | | 20:45 |
| 21:00 | | | | S1 ABDOMINALES | | | | 21:00 |
| 21:00 | S4 FITNESS | S1 B. PUMP | | | | | | 21:00 |
| 21:00 | SC CICLO | | SC CICLO | | | | | 21:00 |
| 21:30 | | | | S1 GAP | | | | 21:30 |

Las actividades marcadas con una estrella son actividades con reserva previa

La empresa atendiendo a razones objetivas y avisando con la debida antelación, se reserva el derecho de cambio, ampliación o anulación de las actividades.

Las actividades +12, podrán asistir todos los usuarios mayores de 12 años, teniendo prioridad los usuarios de edad comprendida entre los 12 y los 15.

Las actividades familiares están dirigidas a niños acompañados de adultos.